

Interpretive Activities – July 1 to September 5

You’re Invited!

Join a park ranger for an evening program, guided nature walk or talk. Explore the nature and history of Mount Rainier National Park. A variety of programs are offered throughout the park each day.

Longmire and Cougar Rock Areas

Roving Ranger Look for the roving ranger hat or sign, in the Longmire or Paradise areas or at pull-outs between Nisqually Entrance and Reflection Lakes. Rangers will present brief talks and have park information available. Times and locations vary.

Junior Ranger Program Cougar Rock Campground Amphitheater; 6:30 p.m. daily July 1 through August 21; Fridays and Saturdays only August 22 through September 3
Ages 6 to 11. Join a ranger or volunteer for fun and educational activities! Meet at the Cougar Rock Campground Amphitheater. Parking at the Cougar Rock Campground is limited. If you attend the program but are not camping, please park in the Cougar Rock Picnic Area across the park road from the campground. (45 minutes)

Evening Program Cougar Rock Campground Amphitheater; 9:00 p.m. daily through August 5, 8:30 p.m. daily August 6 through August 21, 8:30 p.m. Fridays and Saturdays only August 22 through September 3
Join a ranger or volunteer for a program that involves, inspires and explores! Topics vary nightly. Parking at the Cougar Rock Campground is limited. If you attend the program but are not camping, please park in the Cougar Rock Picnic Area across the park road from the campground. (45 minutes)

Ohanapecosh Area

Junior Ranger Program Ohanapecosh Visitor Center, 10:00 a.m. daily, June 17 through September 5
Children ages 6 and up are invited to join park staff for a one hour activity. Have fun while you learn more about Mount Rainier National Park! (1 hour)

Rove the Grove 2:00 p.m. - 3:30 p.m. daily, June 17 through September 5
Park staff will be available along the Grove of the Patriarchs trail to answer your questions and present informal mini-talks.

Ohanapecosh Afternoon Guided Walk 2:30 p.m. Saturday and Sunday, June 18 through September 4
Learn about the natural and cultural history of the Ohanapecosh area on this easy ramble with a ranger. Meet at the Ohanapecosh Visitor Center. Trail is not wheelchair accessible. (1 hour)

Evening Program 8:30 p.m. nightly June 17 through July 30; 8:00 p.m. nightly August 1 through September 4
Join a ranger each night for an in-depth view of a fascinating aspect of Mount Rainier National Park. Topics vary nightly. Meet at the Ohanapecosh Campground Amphitheater. (45 minutes)

Sunrise/White River Area

Discovery Hike 9:00 a.m. to 1:00 p.m., Sundays only, July 10 through August 14
Join a ranger for a morning hike through some of Sunrise’s most spectacular subalpine meadows with stunning views of the mountain. Meet at the Sunrise Visitor Center flagpole. Trail is not wheelchair accessible. Sturdy footwear recommended. (4 hours)

Junior Ranger Program 10:00 a.m. Friday, Saturday and Sunday July 1 through September 4
Children ages 6 and up are invited to join park staff for a fun activity about the mountain, glaciers, habitats and more. Meet at the White River Campfire Circle. (1 hour)

Sunrise Afternoon Guided Walks 1:00 and 3:00 p.m. daily July 1 through September 5
Learn about the natural and cultural history of the Sunrise area on this easy ramble with a ranger. Meet at the Sunrise Visitor Center flagpole. Trail is not wheelchair accessible. (45 minutes)

Evening Program Thursday, Friday and Saturday; 8:00 p.m. July 2 through July 31, 7:30 p.m. August 5 through September 4
Take an in-depth look at a special topic of Mount Rainier National Park during a traditional campfire talk. Meet at the campfire circle in the White River Campground. (45 minutes)

Paradise Area

Paradise Chat 9:15 a.m. daily (except Wednesdays) through September 5
The Paradise area has drawn visitors for over 100 years. Stop by the Paradise Inn before lunch and learn why. Look for the ranger inside the Inn. (25 minutes)

Meadow Meander 10:45 a.m. daily through September 5 (except 11:15 a.m. on August 22, 23, 28, 29, 30)
Discover the ecology of the Paradise area. Meet the ranger at the flagpole in front of the visitor center. 75 -90 minutes with the ranger plus return on your own. (1 mile round trip)

Junior Ranger Program 1:15 p.m. daily through August 21
Children ages 6-11 are invited to join a ranger for fun activities exploring facets of Mount Rainier. Meet at the visitor center information desk. *Parents must remain with their Junior Rangers.* (45 minutes)

Nisqually Vista Walk 2:00 p.m. daily through September 5 (except 2:30 p.m. on August 22, 23, 28, 29, 30)
Walk to a view of a glacier and explore the geology of Mount Rainier. Meet at the large flagpole outside the visitor center. 75-90 minutes with the ranger and time to return on your own. (1.5 miles round trip)

Paradise Inn Lobby Tour 3:00 p.m. daily (except Wednesdays) through September 5
Join a ranger to learn the “inns and outs” of the historic Paradise Inn, celebrating its 94th birthday. Look for the ranger inside the Paradise Inn. (30 minutes)

Climate Change at Mount Rainier and the Pacific Northwest 3:45 p.m. daily through August 21
Meet in the theater of the Jackson Visitor Center for a slide presentation or video followed by a short discussion about climate change. (30 minutes)

Paradise Inn Evening Stroll 5:30 p.m. Friday and Saturday only, July 1 through August 13
Oh, the stories Paradise can tell! Come along on this leisurely walk to explore the nature and/or history of this place called Paradise. Look for the ranger outside the Paradise Inn entrance. (30 minutes, 1 mile round trip)

Paradise Inn Evening Program 9:00 p.m. Friday and Saturday only, July 1 through August 13
Take a seat in the lobby of the Paradise Inn and enjoy an evening presentation with a park ranger or one of the guest speakers. Topics vary. Inquire at the Jackson Visitor Center or at the Paradise Inn front desk for program descriptions. (45 minutes)

Mount Rainier: The Restless Giant shows every 30 minutes, except during special presentations
This park film had its debut with the opening of the new Jackson Memorial Visitor Center in October 2008. It explores the changing nature of Mount Rainier using high definition video and surround sound! Accessible and closed caption. (21 minutes)